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KEMBA BETTER THAN KYRIE

Why Kemba Walker is still underrated. 8-9



Say goodbye to 'likes' for your mental health? 6

A group photograph of ten Democratic presidential candidates standing on a stage. From left to right: Tulsi Gabbard, Michael Bennet, Cory Booker, Kamala Harris, Bernie Sanders, Joe Biden, Elizabeth Warren, Pete Buttigieg, Andrew Yang, and Amy Klobuchar. They are all dressed in formal attire. Behind them is a backdrop featuring the words 'DEMOCRATIC' and 'DEBATE' in large letters, along with a logo for '2020'. The background is dark with white stars and a red, white, and blue color scheme.

TOP TEN
DUKE IT OUT

Ten of the remaining 18 Democratic presidential candidates will take the stage in Atlanta tonight to discuss election hot topics. Metro has the lowdown on talking points to watch out for. 2

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Healthcare likely to be a major talking point.

Ten of the 18 candidates seeking the Democratic nomination to face Republican President Donald Trump in November 2020 will take the stage in Atlanta on Wednesday in the party's fifth primary debate.

Here are some key moments to watch for.

WARREN UNDER FIRE
The ongoing fight over how best to expand health insurance for Americans is likely to be a main point of contention and could see U.S. Senator Elizabeth Warren on the defensive.

Warren has seen some of her momentum stall as her candidacy has been consumed by questions about her ambitious plan to provide universal healthcare for all Americans without raising middle-class taxes one penny.

Warren has estimated Medicare for All, which would eliminate private insurance in favor of a government-run plan, would cost \$20.5 trillion in additional government spending over 10 years. The plan would be funded by tax increases for corporations and the wealthy, most notably billionaires.

The lawmaker from Massachusetts may

Factbox: Warren on defense? What to watch for in the Atlanta U.S. Democratic debate

1



Senator Elizabeth Warren.



interests, and remind voters that he is the candidate consistently taking on what his supporters see as "the bad guys," a campaign aide said.

Biden may be queried about whether moderates Bloomberg and Patrick will siphon support from him. If Bloomberg enters the race, he will be the fifth most-popular candidate, and his presence may draw more support away from Biden than others, a Nov. 12-14 Reuters/Ipsos public opinion poll showed.

WHITHER HARRIS?
With her campaign faltering amid reports of poor organization and in-fighting, U.S. Senator Kamala Harris' candidacy needs more than just a jumpstart.

Harris, the breakout star of the first Democratic debate, is trailing badly in the early-voting states, particularly in Iowa, a state she has said will make or break her campaign.

At this point, a strong performance on Wednesday might only be the first step in turning things around, Payne said, noting that the debates so far have done more to reduce the sprawling field, rather than boost campaigns.

"They are not elevating," he said. "They are eliminating." REUTERS

Bei Bei, Washington's bachelor panda, heads to China

2 After a month of preparations and goodbyes, Bei Bei, the Washington National Zoo's most eligible giant panda bachelor, was on his way to China on Tuesday, where scientists hope he will help increase the population of his species. The departure of 4-year-old Bei Bei to his parents' homeland had been pre-arranged and was announced last month by the zoo, where giant pandas have always been a visitor favorite. Bei Bei,



which means "precious treasure," munched his last American breakfast of bamboo and leaf eater biscuits early on Tuesday before entering a custom travel crate that was loaded onto a truck for the trip to Dulles International Airport, the zoo said. REUTERS

Congo court hands life sentence to warlord

3 A court in Democratic Republic of Congo handed down a life sentence on Tuesday to one of the country's most notorious warlords for crimes against humanity including murder and sexual violence, lawyers in the case said. The court, in the eastern city of Bujavu, also found Congo's government liable for failing to protect victims of the Raia Mutomboki militia and ordered it to pay compensation to more than 300 victims. Despite

repeated initiatives by the government to address sexual violence in eastern Congo's conflict zones, where civil wars around the turn of the century resulted in millions of deaths. Experts say rape is still deployed by armed groups and army soldiers as a weapon of war. The judges convicted Raia Mutomboki chief Frédéric Masudi Alimasi and two allies for murder, torture, enforced disappearances, sexual violence and enslavement. REUTERS

Indiana teachers demand higher wages

4 Thousands of chanting red-clad Indiana teachers swarmed the state capitol on Tuesday, demanding higher salaries and reforms to evaluation policies in a protest that forced half the state's school districts to cancel classes for the day. "It's time to use our 'outside voices,'" read one of the signs hoisted by largely peaceful Indiana State Teachers Association demonstrators wearing red hats and sweaters as

they stood at the steps of the capitol, some beating on 5-gallon paint barrels as improvised drums. The "Red for Ed" protest was the latest in a wave of work stoppages by U.S. educators. In 2018, teachers in Arizona, West Virginia and Oklahoma staged largely successful days-long strikes to demand higher salaries. Teachers in Chicago and Los Angeles also went on strike this year and secured more resources. REUTERS

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LIFESTYLE

Director Todd Haynes on standing up to corporate greed and his newest film, 'Dark Waters'

The true-life story, starring Mark Ruffalo, hits theaters this week.

 PAT KING
patrick.king@metro.us

Sure. Maybe I started my interview with director Todd Haynes out in a rather bleak way. But how else do you talk about a

film that follows the fight to hold corporations accountable after willfully introducing cancer causing products on a large scale? While discussing his newest film "Dark Waters," Haynes had to reset the mood a little bit. "Dude, this is a downer conversation," he said with a laugh.

The film, starring Mark Ruffalo, Anne Hathaway

and Tim Robbins, follows real-life Cincinnati corporate lawyer Rob Billot and his research into the synthetic chain known as PFOA (Perfluorooctanoic acid) that the chemical company DuPont had been using in Teflon products since the 1960s. After Billot, played by Ruffalo, had visited a farm near his hometown in West Virginia where the cattle had

been mysteriously dying, he had traced it back to a local DuPont factory that had been dumping waste related to Teflon in the town's water supply.

At the time, Billot's firm Taft Stettinius & Hollister had been working with DuPont as a part of their legal team, but after he had seen the evidence of their wrongdoing he felt that he should take

a look at their practices. With the initially reticent blessing of his boss Tom Terp, played by Tim Robbins, Billot sues DuPont on behalf of the farmer who brought him the case, Wilbur Tennant (Bill Camp). From there, Billot sifts through thousands of documents throughout DuPont's history to discover that they had chosen to overlook the poisonous and cancer causing symptoms that were linked to PFOA in order to enjoy the vast profits they received from selling Teflon products to the world. It was a clear act of evil that could only be uncovered by a law firm that had the means to do the work against one of the world's largest chemical compa-

nies. "I think part of the poignancy of the story is that nobody was set up to be an obvious critic of this or an investigator and revealer of the story," says Haynes. "Nobody was set up to be an obvious hero. Rob and Tom were on the other side. They were defending industry. That was their job. Yet, it is precisely because they work for a corporate law firm in Cincinnati that had the overhead and had the practice of getting in deep into cases in the way that the plaintiff's attorney's just simply can't afford to do. A defense firm has the money and the staying power to keep people on the job as you get deep into research. It's the only



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Mark Ruffalo stars as Robert Bilott in director Todd Haynes' "Dark Waters," a Focus Features release. ALL PHOTOS FOCUS FEATURES

way this story could have been dug up by a single individual when he was basically buried alive by the discovery that he was able to pry loose from this corporation."

The story was based on a 2016 article in The New York Times that followed Billot's crusade for the truth called "The Lawyer Who Became DuPont's Worst Nightmare." The story goes that Ruffalo was completely taken by the piece and had been a driving force in getting this film project off of the ground. Haynes could see that conviction in Ruffalo and was amazed at the passion that he brought to his performance as Billot.

"As an actor, I saw somebody take tremendous risks and do something that I've never really seen in him," says Haynes.

Ruffalo's performance in "Dark Waters" is truly stellar as he gets inside the mindset of a man who has found himself fighting for the side of humanity versus corporate interests. You see it slowly take a toll on Billot as his life at home with his wife Sarah, played by Anne Hathaway, and his children begins to crumble underneath the

stress.

"Mark utterly transformed physically. He's almost unrecognizable in scenes of this movie. He barely cracks a smile through the whole film and there's a tension in that that I think is incredibly poignant. Especially when it breaks and when he keeps changing and learning and seeing things differently. The whole experience with Mark was a remarkable one. I just wish him the very best from this project. I hope people appreciate that kind of work for not only how restrained and subtle, but how deep and complete it was," says Haynes.

The research conducted by Billot and the rest of his team found that 99 percent of the people living in West Virginia had been living with a harmful amount of PFOA in their bloodstream which could eventually result in cancer. On top of that, it was concluded that PFOA is what is now known as a "forever chemical," meaning that it will be transferred down to those people's children, and so on and so forth. You can see why I was bummed

out. But as Billot made these revelations in court, DuPont was sentenced to provide large settlements and medical monitoring for those affected. But, this is a fight that is still being played out in the legal system to this day. You just have to take these wins for what they are.

"That's the thing about this story, is that there are incredible victories," says Haynes, giving me some reassurance. "But what I really loved about it is that it's a true story so it's muddled. There are two steps forward and one step back. The powers that be are going to push back twice as hard every time even with victories that they have to yield to. But the fight keeps going on and they keep finding new ways to push back and disregard the rulings. So, it's like real life. This is a grown up movie that has a complicated outcome. That's sort of what our lives are. We all have to look at all kinds of corruption and all kinds of abuses of powers that will be ongoing. It's up to us to figure out where to take a stand and organize and what to do with our knowledge."

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HEALTH



Could the disappearance of 'likes' improve our emotional stability?

Social networks are the most popular platforms on the web. Millions of people interact there on a daily basis and one of the main tools they are using are the so-called 'likes' to support a post. However, it is possible those could soon disappear. Metro investigates why this could happen and what benefits or problems it could bring. DANIEL CASILLAS MWN

In the last decade, social media has become a very important part of our lives. According to the Global Digital Report 2019 by We Are Social and Hoot-

suite, the number of Internet users in 2018 reached 4.39 billion, 9 percent more than the previous year, while the number of those using social me-

dia in 2019 is 3.5 billion, with the worldwide total growing by 288 million (9 percent) versus the same period the previous year.

People also spend a considerable amount of time on social networks and it is constantly increasing. GlobalWebIndex reports that the average social media user now spends 2 hours and 16 minutes each day on those platforms (versus 2h 15m last year).

As popularity of so-

cial media continues to rise, emotional problems surrounding these platforms grow as well. Facebook and Instagram could possibly remove 'likes' with the aim of supposedly improving the mental stability of its users.

Indeed, several studies suggest that social media such as Instagram can negatively affect mental health. In 2017, a report by the Royal Society for Public Health in the

United Kingdom ranked Instagram as the worst social network for the mental health of young users in that country.

That research suggested that those spending more than two hours per day on social networking sites such as Facebook, Twitter or Instagram are more likely to report poor mental health, including psychological distress (symptoms of anxiety and depression).

And an important part of mental health among social media users depends on the 'likes' that their posts on those platforms receive. A study published in the Psychological Science journal showed how researchers scanned teens' brains while they used social media. The results suggested the same brain circuits that are activated by eating chocolate and winning money were activated when teenagers see large numbers of 'likes' on their own photos or the photos of peers.

According to specialists, the 'likes fever' on social networks can be explained as a 'Vanity Validation.'

"What is occurring is what I call 'Vanity Validation.' The person you portray on your networks and the true you, for some, creates a double consciousness. Your lauded self on social media is constantly seeking more validation through electronic 'likes,' not life experiences. This 'living for likes' or 'doing it for the 'gram' creates an obsession on the need to feel validated which can result in discrediting

yourself," Clarissa Silva, behavioral scientist/relationship coach and creator of Your Happiness Hypothesis Method, explained to Metro.

It is precisely this obsession with 'likes' that has led social media such as Facebook and Instagram to raise the possibility of eliminating them.

Instagram has already hidden in seven countries the public counter of 'likes' and video views so users only see photo and comments, while Facebook in Australia and Vietnam tries to not show 'likes' and reactions at all.

"We want Instagram to be a place of personal expression where people feel comfortable," Mia Garlick, director of Facebook Australia and New Zealand, said in a statement. "The goal is for your friends to focus on the photos and videos you share, not the amount of 'likes' you get."

But could this disappearance of 'likes' work in helping improve users' emotional stability? Specialists believe it could be beneficial, but point out that the real solution is even more complex.

"Removing 'likes' can curtail some of the negative effects on mental health and well-being. But that's just one aspect of destructively comparing themselves to others; seeking validation through documenting your life is still the burden society faces," Silva concluded. "Taking a break from social media can help reduce the dependence on living for electronic 'likes.'"

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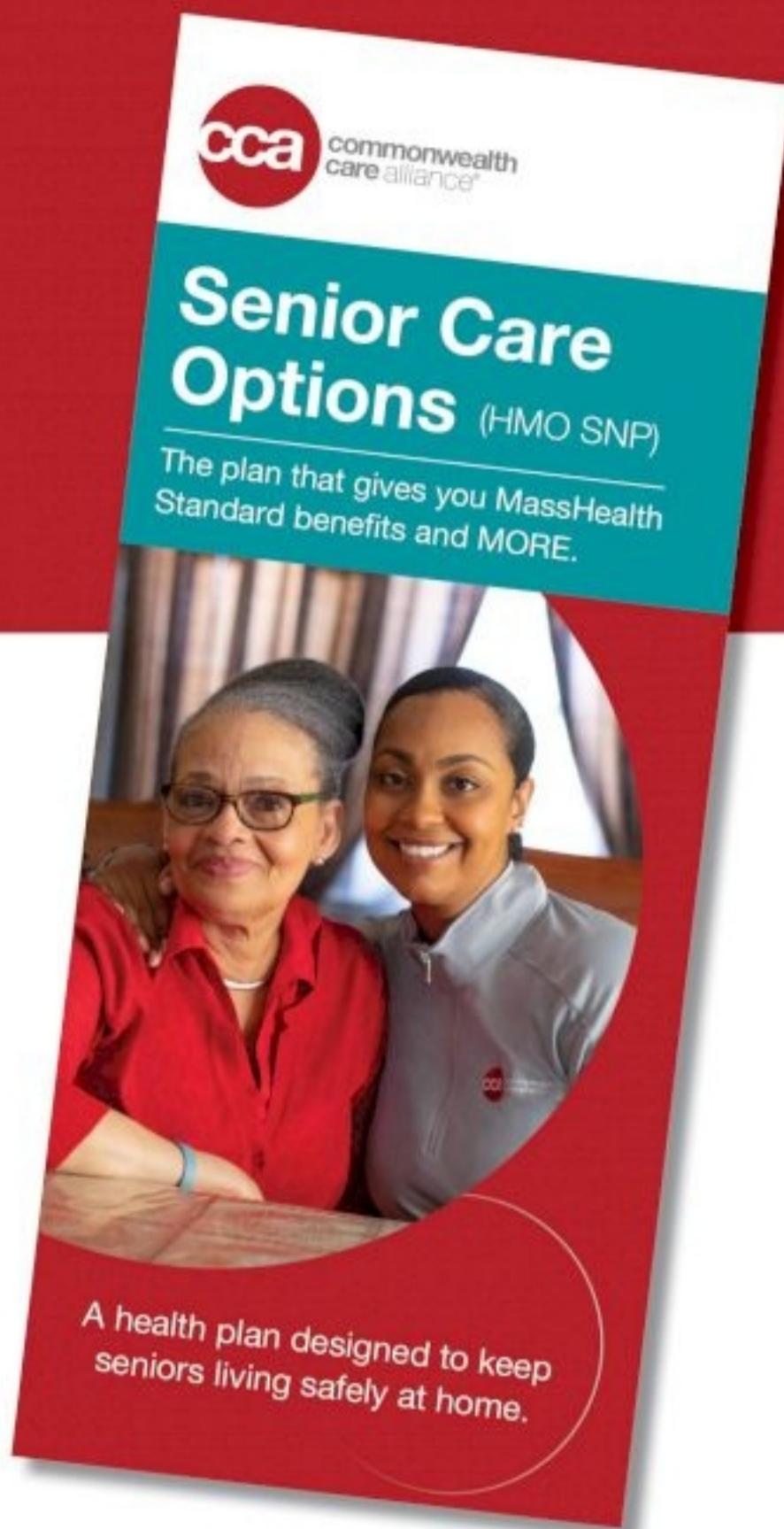
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SPORTS

The national narrative coming into this season was that the Celtics would take a step back, talent-wise.

With Al Horford in Philadelphia and with the C's yet to find a true replacement at center, that part was fair. The other part of this storyline was that "Kemba Walker is a very good player, but he's not quite as talented as Kyrie Irving."

Come to find out, Walker is not just as good as Kyrie – he might be better.

We certainly know that Kemba is a better leader than Irving, but let's – for a moment – talk pure skill on the basketball floor.

Kemba's crossover and step-back shots are unparalleled in the NBA today. He's a walking, talking ankle breaker.

Kyrie has the best

OPINION

MATT BURKE

Matt Burke is the Executive Sports Editor at Metro Newspapers and the Founder of MetroBet.us



handle in the league, yes, but other than that there is not a thing that Kemba can't duplicate.

For years, we've heard about Kyrie's elite ability to be a 'shot-maker.' Most of this legend stems from the enormous 3-pointer he hit against the

Warriors in the closing minutes of Game 7 of the 2016 Finals.

Not taking anything away from Kyrie, there. It was a great shot.

But if Kemba was LeBron James' running mate in Cleveland all that time, would there have been that much of a drop-off? Would Kemba have hit that shot against Golden State?

Well, yeah – probably. The guy is that good as we're now finding out.

We've gotten a small taste of it in Boston over the past month, as Kemba is a stone-cold killer with the game on the line. His clutch gene is as strong, or stronger than Kyrie's.

Kemba carried an average cast of college characters on his back in the 2011 NCAA Tournament, lifting UConn past some guy named Brad Stevens and the Butler Bulldogs in that year's title game. A few weeks before hoisting the NCAA hardware, Kemba hit one



Kemba Walker has led the Celtics to the best mark in the NBA through one month.

GETTY IMAGES

Garden.

Kemba's critics will point out that he hasn't done much on the big stage of the NBA, but do

a little digging and you'll find that he does have a strong playoff history in the big league despite a small sample size.

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Kemba was dynamite in Charlotte's first round series against the Miami Heat in 2016, willing that series to seven games before the talent-deprived Hornets ran out of gas. In Game 4 of that series, Kemba scored 34 points including one stretch in the fourth quarter where he scored 11 straight Hornets points.

He also put up 29 points in a 2014 playoff game against the LeBron-led Heat.

If you YouTube "Kemba Walker buzzer beater" you'll also find plenty of NBA footage

that includes clutch shots against the Raptors, Knicks and Suns.

The big difference between these clutch shots and Kyrie's clutch shots were that most of Kemba's ballsy shooting occurred on NBA TV, not in front of a nationally televised audience like Kyrie had for so many years with the Cavs.

Kemba has also outdueled Kyrie head-to-head over the years, including a game one year ago in Charlotte when he pumped in 43 points against the Celtics in a 117-112 Hornets win. Kyrie finished with

27 in that one.

Walker was at it again against Kyrie and the Celtics in March, when he pumped in 36 points to Kyrie's 31. The Hornets came back from an 18-point deficit to win that one as well thanks mostly to Kemba's 18 fourth quarter points.

Keep in mind that Kemba was doing all of this while playing with guys like Dwayne Bacon and Frank Kaminsky.

Kemba never had the luxury of playing with A-listers until now, unlike Kyrie, who rode the coattails of LeBron for years.

Still, most everyone outside of Boston somehow believes Kyrie is the superior player and that's reflected in the latest MVP odds as Kyrie is the 10th most likely player to win the award at +5000 while Kemba is double that at +10000.

Maybe if Kemba's Celtics continue to have the best record in the NBA, and if Kyrie's Nets continue to play sub-.500 basketball the rest of the country will take notice.

Until then, Kemba's greatness is our little secret.

AB hoping for second chance with Patriots

Antonio Brown apologizes to Pats owner Robert Kraft.



MATT BURKE
matthew.burke@metro.us

Antonio Brown wants back in with the Patriots, but we're not quite sure yet if the feeling is mutual.

Brown posted the following message on Instagram Tuesday: "Mr. Kraft I apologize sincerely to you and your organization! All I wanted to be was an asset to the organization; sorry for the bad media and the drama! Thank you sincerely AB."

The Patriots owner was said to be furious with Brown on the Sunday following Brown's release from the Pats back in September as Brown referenced Kraft's solicitation case on social media.

"Kraft got caught in



Antonio Brown with Bill Belichick.

GETTY IMAGES

the parlor. AB speculations fired different strokes different folks clearly," Brown tweeted.

Patriots quarterback Tom Brady has supported Brown over the past two months since the wide receiver's release and Tuesday was no different as Brady "liked" Brown's Instagram post. Teammate Julian Edelman also "liked" Brown's public apology.

The timing of Brown's apology is quite curious

considering that earlier in the day, Rob Gronkowski ruled out a return to the Patriots this season. Brady is also currently frustrated with the Patriots' offensive production – something the extremely talented Brown would help remedy instantly.

Brown played just one game with the Patriots this season before his release, catching four balls for 56 yards and a touchdown on Sept. 15 in a 43-0 win over Miami.

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This research study investigates whether a type of non-invasive brain stimulation called transcranial Direct Current Stimulation (tDCS) combined with Transcranial Ultrasound (TUS) can improve the symptoms caused by Non-Specific Chronic Low Back Pain.

This research study requires 23 visits over 15 weeks to Spaulding Rehabilitation Hospital Network in Charlestown, MA.

Requirements:

- ✓ Have had back pain in the past 6 months
- ✓ Are between 18-85 years old

Scan this code for more information about the trial

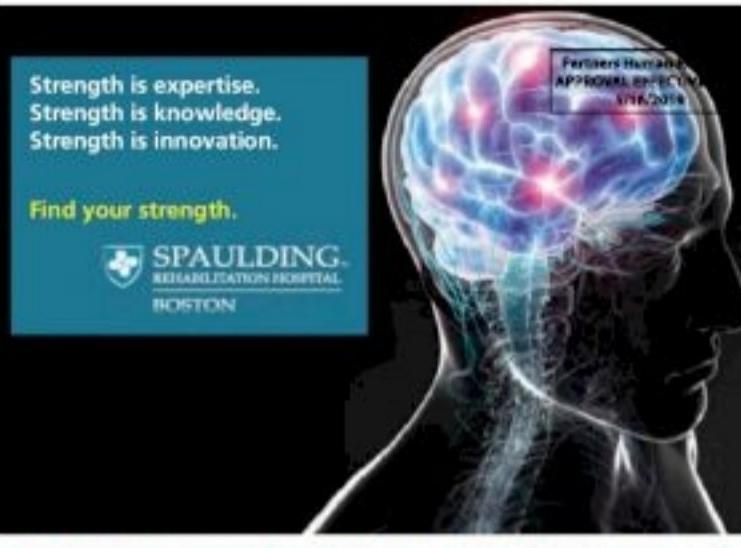


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For more information, please contact the Spaulding Neuromodulation Center
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DO YOU SUFFER FROM FIBROMYALGIA?

This research study investigates whether a method of non-invasive brain stimulation (tDCS) combined with physical exercise can help pain processing in adults with fibromyalgia.

This research study requires 25 visits over 4.5 months to Spaulding Rehabilitation Hospital Network in Charlestown, MA.

Requirements:

- ✓ Fibromyalgia for 6+ months
- ✓ 18 – 65 years old

Earn \$15 per visit for your participation.

For more information, please contact the Spaulding Neuromodulation Center
Phone at: (617) 952-6158 E-mail: hrafferty@partners.org
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And you are willing to:

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- Provide blood samples & fill out questionnaires
- Have 2 MRI scans

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GAMES

ACROSS

- 1 Graduate, for short
 5 Utters
 9 Purina Dog
 13 One for whom there is no hope
 15 Stumble
 16 "Mine eyes ___ seen the glory..."
 17 Sidestep
 18 Cuts off a limb
 20 ABC followers
 21 Bandleader Calloway
 23 Feel insulted about
 24 Astaire & Savage
 26 ___ race; daily grind
 27 Artificial; fake
 29 Cut in half
 32 Aunt's hubby
 33 747 or 737
 35 Bottom edge of a dress
 37 Spouse
 38 Object
 39 One of the Three

metro.us/crossword

Bears
 40 "Roses ___ red, violets..."
 41 Conceit
 42 Stubborn beasts
 43 Murphy & Cibrian
 45 Earls & barons
 46 "Snakes ___ Plane"; scary movie

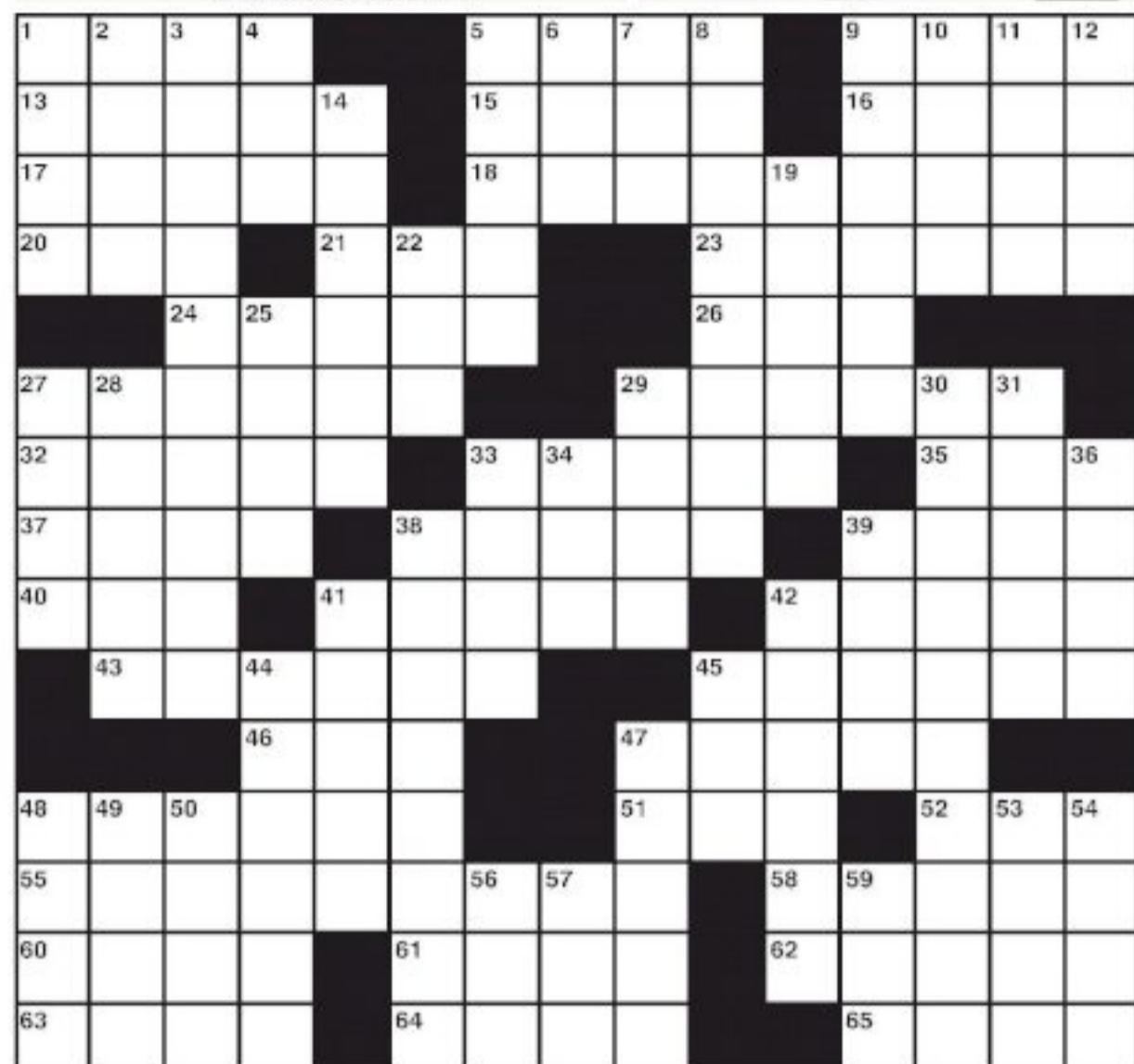
47 Employee's delight
 48 Valuable things
 51 Overnight stop
 52 Major TV network
 55 Consoled
 58 Poe's first name
 60 Seagull's cousin
 61 France's Coty
 62 Elvis' "Blue ___ Shoes"
 63 Very short play
 64 Arden & Plumb
 65 Make ale

DOWN

1 No longer young
 2 Strong emotion
 3 ___ by; immune to
 4 TV's "Chicago ___"
 5 Pierces
 6 Give a gun to
 7 Short sharp cry
 8 ___ on; goading
 9 Virtuous; pure
 10 Detest

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Aries Expand your interests, explore your options and make personal gains, romance and positive change all priorities. Consider what's required to maneuver your way into a position that excites you.

Taurus Get together with like-minded people and collaborate with them. What you discover will help you change your course of action and will encourage joint ventures. A positive change is within reach.

Gemini Choose your words wisely. Someone will see through the hype and ask tough questions. If you downplay what you have to offer, you'll surprise everyone later.

Cancer Problems will surface if you are too friendly with one of your colleagues. Don't offer inside information or personal secrets to anyone you do business with. Keep your life simple.

Leo How you deal with others will make a difference. Taking advantage of someone will not bring the results you are looking for. Focus on personal growth.

Virgo Take better care of yourself. Indulgent behavior will be looked down upon by your peers. If you want to get ahead, you'll need to be disciplined and knowledgeable.

Yesterday's Answers



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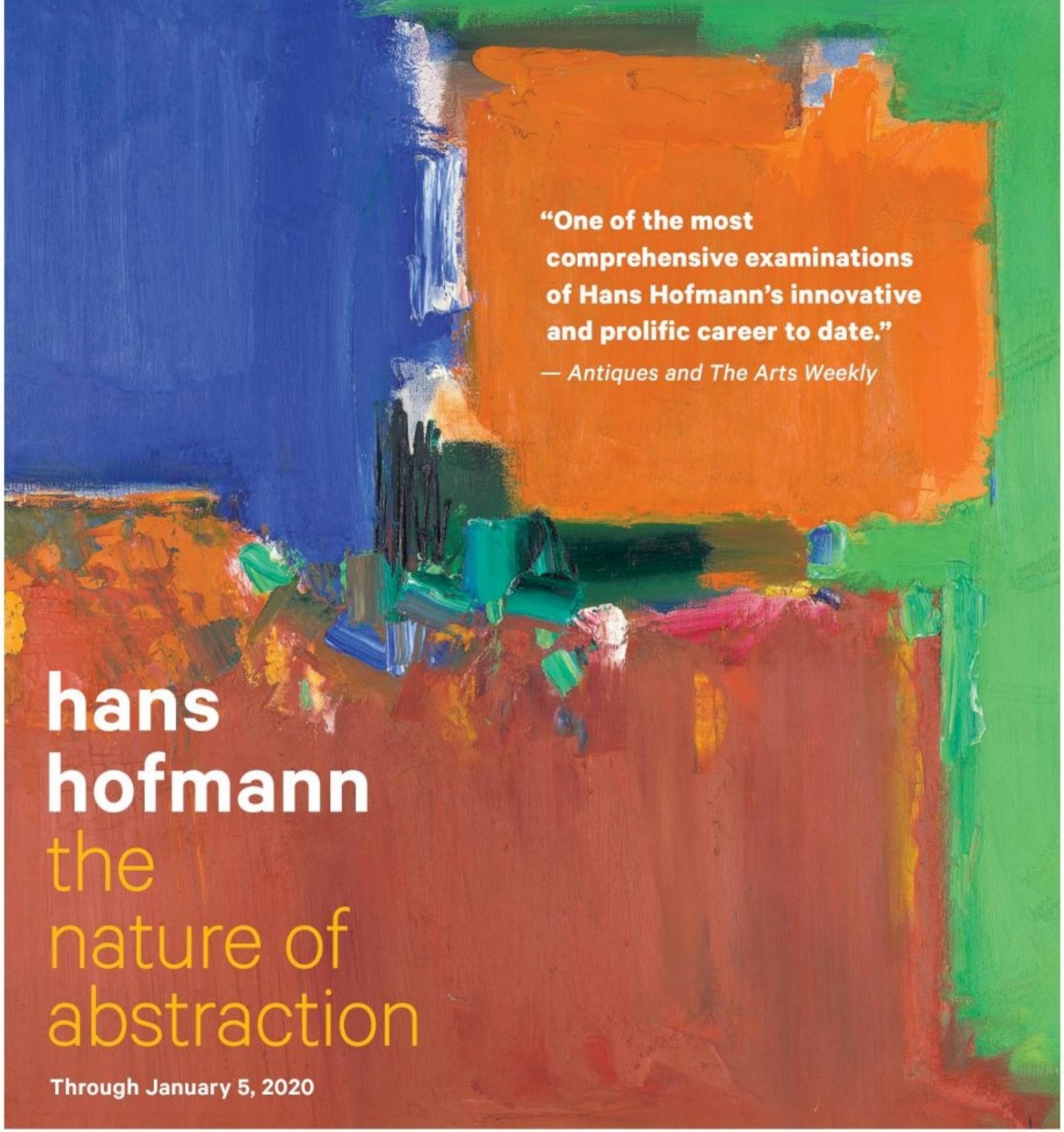
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hans hofmann

the nature of abstraction

Through January 5, 2020



"One of the most comprehensive examinations of Hans Hofmann's innovative and prolific career to date."

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Hans Hofmann: The Nature of Abstraction is organized by University of California, Berkeley Art Museum and Pacific Film Archive. The exhibition is made possible with lead support from the Renate, Hans and Maria Hofmann Trust. Major support is provided by Bob and Dana Emery and Elissa Edelstein Warner. Additional support is provided by Charles and Naomie Kremer, the Terra Foundation for American Art, the Nancy and Joachim Bechtle Foundation, and an anonymous donor. Carolyn and Peter S. Lynch and The Lynch Foundation, Jennifer and Andrew Borggaard and Kate and Ford O'Neil provided generous support. We also recognize the generosity of the East India Marine Associates of the Peabody Essex Museum.



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Hans Hofmann, Indian Summer (detail), 1959. Oil on canvas. University of California, Berkeley Art Museum and Pacific Film Archive. Gift of the artist. © The Regents of the University of California. Photo by Jonathan Bloom. Courtesy of Renate, Hans and Maria Hofmann Trust/Artists Rights Society (ARS), New York.